

In Season:



Pear!



NUTRIENTS IN PEARS:

Vitamin C and fiber.

SELECTION:

Choose firm fruit, then "Check the Neck for Ripeness"™ by applying gentle pressure to the stem end of the pear with your thumb. When it yields to pressure, it's ready to eat. It may not change color!

STORAGE:

Store unripe pears in a paper bag at room temperature. Refrigerate ripe pears.

QUICK FIX TIPS:

- Sweeten grilled cheese sandwiches by adding thin slices of pear.
- Make a fall fruit salad with cut-up pears, apples, or plums, canned pineapple in juice, drained mandarin oranges, and a dash of cinnamon.
- Wrap chopped pears sprinkled with cinnamon and sugar in a tortilla. Brush with milk and bake at 350°F for 10 minutes until lightly brown. Serve warm or cool.

Pear Bistro Salad

Prep Time: 25 Minutes

Serves: 4

Ingredients:

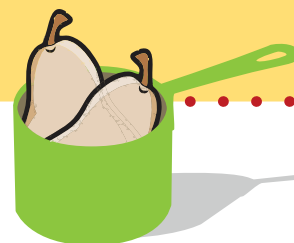
- 1 pound cooked chicken breast, skin removed
- 8 cups lettuce or salad greens
- 2 fresh pears, cored and sliced
- 2 tbsp green onions
- 1/8 cup chopped walnuts
- 1/8 cup crumbled cheese
- 3/4 cup balsamic vinegar

Cups of Fruits &

Veggies per Serving: 2 1/2

Preparation:

1. Cut cooked chicken into strips.
2. Line platter with greens; top with pears, chicken, green onions and walnuts.
3. Top with cheese.
4. Drizzle balsamic vinegar to taste over salad.



Nutritional Information per Serving:

Calories: 297; Total Fat: 10.3g; Dietary Fiber: 5g; Sodium: 151mg



Recipe is courtesy of Produce for Better Health Foundation (PBH).

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